




*To all our Members,
Volunteers, and Supporters:*

*Thank you for another
wonderful year full of love,
community, and growth.*

*We look forward to making
new memories with you
in this coming year.*



Happy New Year!!

HALF DAY WEDNESDAYS 9—1:30pm **GCC Director: Debbie Reynolds LMFT, ATR-BC**

DISCRIMINATION & ADA POLICY

It is the City of San Jose's policy to afford all persons equal opportunity by prohibiting discrimination or harassment on the basis of race, color, religion, sex, national origin, ancestry, physical or mental disability, age, sexual orientation, gender identity, marital status, medical condition (cancer related, AIDS, HIV) or other non-merit factors. It is also the City's policy to afford people with disabilities access to City services, programs and facilities.

GCC - Serving Santa Clara County's Mental Health Community Since 1971

Grace Community Center
PROMOTING HEALTH & COMMUNITY IN DOWNTOWN SAN JOSE SINCE 1971

**HAPPY
NEW
YEAR
January 2015**



GRACE COMMUNITY CENTER
484 E. SAN FERNANDO STREET
SAN JOSE, CA 95112
408-293-0422
(ENTRANCE ON 10TH STREET)

HOURS: M, T, TH, F, 9 AM - 4 PM, WED. 9 AM - 1:30 PM, AND SAT. 10:00 AM - 2 PM
FOR EVENING HOURS, SEE INSIDE CALENDAR FOR TIMES AND PROGRAMS

VISIT OUR WEBSITE AT: <http://www.sanjoseca.gov/prns>



Drop - In Program: 484 E San Fernando St

Weekly Therapeutic Recreation

The Art and Wellness Studio: 146 S 10th Street



Mondays – 9:00 a.m. – 4:00 p.m.

9:30 - 10:00 - Community Meeting (Front Room - Therapeutic Specialist)
 10:00 - 12:15 - Laundry Program (Main Center - Don)
 10:00 - 11:30 - Art Time (Front Room - Gloria)
 10:00 - 11:30 - Basketball (Gymnasium - Don)
 10:05 - 10:20 - Morning Meditation (**Art and Wellness Studio** - Michael)
 10:30 - 11:30 - Anger Management (Sewing Room - Michael & Faith)
 10:30 - 11:30 - Court Ordered Anger Management (**Art & Wellness Studio** - Lindsay)
 11:45 - **Lunch 75¢ Donation** (Front Room - Teresa O)
 1:00 - 3:00 - Sewing By Appointment (Sewing Room - Pat)
 2:00 - 3:00 - Men's Group (Comfort Zone - Don)
 2:00 - 3:30 - Wii Time (Front Room - Staff)
 3:00 - 4:00 - New Member Orientation (Sewing Room - Gloria)

Tuesdays – 9:00 a.m. – 4:00 p.m.

9:00 - 12:00 - So Fresh & So Clean (Grace Baptist Church - Don)
 9:30 - 10:00 - Community Meeting (Front Room - Therapeutic Specialist)
 9:30 - 10:00 - Volunteer Orientation (Sewing Room - Teresa O & Lindsay)
 10:00 - 11:30 - Band Jam (**Art and Wellness Studio** - Teresa Y & Lorie)
 10:30 - 11:45 - Mandala Art (Front Room - Pat)
 10:30 - 11:30 - Clothes Closet (2nd Floor, Grace Baptist Church - Cecille)
 10:30 - 11:45 - Beading (Sewing Room - Qualified Staff)
 11:45 - **Lunch 75¢ Donation** (Front Room - Teresa O)
 12:30 - 1:30 - Yoga (Gymnasium - Gloria)
 1:00 - 2:00 - Life Skills (**Art and Wellness Studio** - Lindsay)
 1:00 - 3:30 - Sewing, Knitting & Crochet (Sewing Room - Harriet)
 1:30 - 3:00 - Movie Matinee (Front Room - Qualified Staff)
 2:00 - 3:30 - G90x (Gymnasium - Don)

Wednesdays – 9:00 a.m. – 1:30 p.m.

9:30 - 10:00 - Community Meeting (Front Room - Therapeutic Specialist)
 10:00 - 12:15 - Laundry Program (Main Center - Don)
 10:00 - 11:30 - Basketball (Gymnasium - Don)
 10:00 - 11:30 - Just Gorgeous (Recreation Room - Teresa O)
 10:05 - 10:20 - Morning Meditation (**Art and Wellness Studio** - Pat)
 10:10 - 10:30 - **You Grill It 25¢ Donation** (Front Patio - Sal)
 10:30 - 11:30 - Painting & Drawing (Front Room Jo)
 10:30 - 11:30 - Creative Writing (Sewing Room - Gloria)
 11:45 - **Italian Wednesday!!! 50¢ Donation** (Front Room - Lorie)
 12:30 - 1:15 - Science, History, and the Arts (Comfort Zone - Laura)

Thursdays – 9:00 a.m. – 4:00 p.m.

9:00 - 12:00 - So Fresh & So Clean (Grace Baptist Church - Don)
 9:30 - 10:00 - Community Meeting (Front Room - Therapeutic Specialist)
 10:00 - 11:00 - Resource Hour (Sewing Room - Lindsay & Jo)
 10:00 - 11:30 - New You Hair & Nail Salon (Recreation Room - Teresa O)
 10:30 - 11:30 - Arts & Crafts (Front Room - Teresa Y)
 10:30 - 11:30 - Clothes Closet (2nd Floor, Grace Baptist Church - Cecille)
 11:15 - 11:45 - Relaxation Skills Group (Sewing Room - Laura)
 11:45 - **Lunch 75¢ Donation** (Front Room - Teresa O)
 1:15 - 3:15 - The Entertainer (Front Room - Don)
 2:00 - 4:00 - Stained Glass (**Art and Wellness Studio** - Jo)
 2:15 - 3:30 - Voices & Delusions (Comfort Zone - Laura & Michael)

Fridays – 9:00 a.m. – 4:00 p.m. and Special Friday Night Events

9:30 - 10:00 - Community Meeting (Front Room - Therapeutic Specialist)
 10:00 - 12:15 - Laundry Program (Main Center - Don)
 10:00 - 11:00 - News Grabbers (Front Room - Staff)
 10:00 - 11:45 - Gardening (Front Garden - Sal)
 10:00 - 11:30 - Open Gym (Gymnasium - Don)
 10:05 - 10:20 - Morning Meditation (**Art and Wellness Studio** - Faith)
 10:30 - 11:30 - Art Therapy (**Art and Wellness Studio** - Janet)
 11:00 - 11:45 - Stress Management (Sewing Room - Laura)
 11:45 - **Lunch 75¢ Donation** (Front Room - Lorie)
 12:30 - 1:30 - Yoga (Gym - Gloria)
 12:30 - 4:00 - Leisure Walking (Various Locations - Eileen)
 1:00pm - **Birthday Celebration!! (Front Room) January 9th!**
 1:00 - 3:00 - Open Art Studio (**Art and Wellness Studio** - Debbie)
 1:45 - 3:00 - Women's Group (Sewing Room - Gloria)
 2:00 - 3:30 - Wii Time (Front Room - Laura)
 3:00 - 4:00 - Artist Business Meeting (**Art and Wellness Studio** - Debbie) **January 9th**
 3:00 - 4:00 - New Member Orientation (Sewing Room - Jo)
 4:30 - 6:30 - Movie Night (Front Room - Jo & Staff)

Saturdays – 10:00 a.m. – 2:00 p.m.

10:00 - 11:00 - Furry Friends **January 10th**
 10:15 - 10:45 - Aerobics (Front Room - Staff)
 10:30 - Noon - Movie Morning (Comfort Zone - Staff)
 11:00 - 12:00 - Art Club (Sewing Room - Staff)
 12:00 - 1:00 - **Lunch \$1.00 Donation** (Front Room - Staff)
 12:30 - 1:45 - Eat & Art (Sewing Room - Staff)
 12:45 - 1:30 - Bingo (Front Room - Staff)